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For Colored Girls comes to the Strand Theater

NEWS BRIEFS

4 SHOT AT MARTIN LUTHER KING DAY PARADE IN LOUISIANA

BATON ROUGE, LA.—At press time, it was reported that one person was killed and three injured when gunshots were fired into a crowd of marchers at a parade honoring Rev. Dr. Martin Luther King Jr. The shooting victims were all black. They included a 25-year-old man who was fatally injured, and three children six-, nine- and 11-years-old. The motive was not known, but race was not believed to be a factor, said police spokesman Don Kelly.

SECRETARY OF STATE ANNOUNCES SENIOR STAFF

TRENTON—Secretary of State Lorna R. Hooks named Lauren D. Robinson-Brown as Assistant Secretary of State, Eddie L. Durham as Chief of Protocol and Michael M. Kinney as Director of Communications in the Department of State. Robinson-Brown and Durham are from Wilkes-Barre, Pa. Kinney is from Massapequa. "Each of these individuals played vital roles in helping successfully shepherd the Department of State during the first term of the Whitman Administration."

COUNCILMAN RON RICE RUNS FOR MAYOR OF NEWARK

NEWARK—West Ward Councilman Ronald Rice announced his candidacy for Mayor of Newark at two separate occasions recently.

Rice voiced his satisfaction with the current administration, and said, "It is in this time we have a viable city, with viable neighborhoods, safe and clean streets and an educational standard that produces capable, responsible young men and women. Rice was the first African American elected to the Newark City Council from the West Ward. He has been in that position for 17 years.

PRESIDENT CLINTON LIFTS BAN ON HOME CARE WORKERS

WASHINGTON, D.C.—The moratorium on new home health care providers for the elderly imposed by President Clinton six months ago has been lifted.

The President's goal was to eliminate Medicare fraud and abuse by "fly-by-night" providers. He said that although new regulations in the industry, further bans are unnecessary. "These regulations will help keep the bad apples—the providers who commit fraud and abuse—out of the home health industry," he said.

BLACK NEWSPAPER CHAIN GOES ON THE SELLING BLOCK

NEW YORK—The trustee of the largest black newspaper chain in America is looking for a buyer, and the granddaughter of the owner wants to keep it in the family. Sunlight Enterprises owns the daily Chicago Defender, and three weeklies in Pittsburgh, Memphis and Detroit. The death of the owner, John Singleton, last May prompted the Northern Trust Company of Chicago to put the enterprise up for sale. "No one-black, or white—is going to understand and cherish the vision my uncle had for starting the company other than someone in his family," said Myrn Singleton, who said she was being groomed by her grandfather to take over the business.

Whitman: Local government, voters must lower costs

By g.r.mattos

Governor Christie Whitman said that she would not concede a single vote in any area of the state when she was running for reelection, but the rewards for loyalty in our cities appear to be slim to none.

Although she made mention of the fact that the urban centers were "coming back strong" in the introduction to her State of the State message, Whitman gave no specifics on how she would make these areas grow more viable during her final administration and on into the next century.

The topics Governor Whitman touched on in this speech generally centered on reform in many different areas. Many had to do with the state of New Jersey's education system. Some of the subjects she covered in her speech included:

- Reduction of Property Taxes
- Civil service reform
- "School Choice"
- School principal tenure
- Longer classroom days
- Regionalization of some school districts

districts

- School board elections to be moved to November
- Harsher punishment for possessing a firearm while possessing illegal drugs

In her priority to make New Jersey more affordable, Whitman addressed in what turned out to be general terms the three issues that provided fuel for last year's election campaign. She calls for increased voter and taxpayer and local legislative involvement in all three areas. Citing that "we have begun well" in the area of lowering auto insurance rates by ending the practice of automatic annual rate increases and stopping unfair surcharges that penalized good drivers, she noted that a bipartisan committee of state legislators has been formed to complete the job. "I've said it before and I'll say it again—New Jersey will never have the lowest auto rates in the country that doesn't mean we have to have the highest," she said.

Claiming that control of property taxes rest at the local level, the Governor said that the State will do all it can to prevent higher rates. In expanding

Local Government Budget Review Teams, she claims that she will continue with a success record that has already shown over 30 towns and school districts how to save as much as \$112 million in property taxes. Her appointed property tax commission will review the situation and make more recommendations late this year.

As the problem of property taxes rest with the taxpayer, she sees voters as the ones having the choice and the voice to make real change. "If a municipality wants to raise property taxes above the rate of inflation, the people should have a say," said Whitman. If local officials can make a case for higher taxes, they should do it. If they can't, then they don't get their tax increase.

The largest part of local property taxes go to fund public schools, and Whitman pointed out that while New Jerseyans spend more on education per pupil than any other state in the Union, they don't always get value for their money. "I want every New Jersey parent to be able to send their child off to school with confidence and pride, both

in their child and in their school." She stresses the benefits of parents sending their children to the schools they choose, and noted that the State's Charter School program can help facilitate this. Recent legislation that authorizes the development of a public school choice program is another benefit for parents, Whitman notes.

In addition to calling for an increase of two hours of instructional time for students, and moving the election of school board members to November, Whitman wants to either modify or eliminate the practice of automatic tenure for principals. Saying that effective principals set the vision for the school by mobilizing parents and teachers she said, "Where a principal has no vision, the children suffer."

While Whitman has ambitious ideas, it still remains that this first year of formulation and implementation will be a tough one for her. Because it is her final term in office, it's still a guess on whether she will be able to gather the legislative support to turn these issues into substantial progress for the New Jersey citizen.

'Participating in the Miracle'

By g.r.mattos

This time last year his eldest daughter came to visit the people of Newark. This year, on the eve of the birthday of America's most revered civil rights leader, his youngest child came to the city and addressed a full house, calling them to action, urging their compassion for others and challenging the audience to change the conditions that have resulted in a profoundly negatively effect on society.

The Reverend Dr. Bernice King, youngest daughter of the Reverend Martin Luther King Jr. spoke with the measured tones and eloquent oratory of her father during the 10th Annual "Sing in Praise of King" Tribute at the New Jersey Center for the Performing Arts. In her text, "Participating in the Miracle," she noted the motivation that the civil rights movement engendered was nothing short of a modern-day miracle. Saying that we don't need any more programs or technology or money to heal today's broken society, we need another of those miracles.

An author and Assistant Pastor of the Rising Star Baptist Church in Atlanta, this Dr. King said that people spend more time talking about the problem than working to solve the problem—her father called it the "Paralysis of Analysis." She urged people to come out of their complacency.

"We have to find a way, when we move to the next level, to bring someone up with us," she said. "What we have to do in this generation is go out



Rev. Dr. Bernice King

and connect with these young people."

In addition to King's address, and four selections by the 65-voice Newark Community Chorus Choir, the evening's program featured the premiere of "..." As in Cultural Renaissance, Book II. The work, a collaboration of three Newark natives: composer Steve Colson and writers Richard Wesley and Amiri Baraka. Colson wrote the work for the combined ensembles of his seven-piece jazz group and a seven-piece group from the New Jersey Chamber Music Society. Along with this music, these background singers softly sang songs familiar to the civil rights movement.

Three narrators, including the wife of Amiri Baraka, Amira, recited the words of key blacks and whites in the civil rights struggle, while Baraka dramatized the words of Martin Luther King. Wesley completed the performance with a personal reminiscence.

In welcoming the fall house, Lawrence Goldman, NJPAC president and CEO specifically thanked the individual City Council members for their support of this program.

Local officials not impressed by speech

By g.r.mattos

Reaction to the Whitman State of the State address did not excite local elected officials. Generally, they were less than impressed with what she had to say.

Painfield Schools Superintendent Larry Leverett observed that while the "School Choice" program Governor Whitman outlined in her State message may give parents more latitude on how and where their children are educated, it still may not translate into interaction between various educational groups.

"Does New Jersey have a commitment to foster desegregation in the school system," he said. New Jersey is the fourth most segregated state in the nation for African-American children, and the third most segregated for Latinos. In reviewing the message, he said, "No clear statement was made on desegregation."

While he feels that Whitman's idea to increase school instructional time is a good thing, he asked "Will she provide the necessary finances and resources for this to happen?"

East Orange Mayor Bob Bowser



Dr. Larry Leverett

also felt Whitman's State of the State message fell short of the mark on this issue and was "disappointed." "She was not specific about education," he said.

Bowser felt the speech over all was weak and did not address urban issues at all. Noting that the economic development, he said, "In my opinion, her speech centered about that."



East Orange Mayor Bob Bowser

privatization—in fact, it was the major focus of the speech."

Although there is the chance for change, Bowser did not feel the State of the State message she makes steps to take that chance. "I think she has an opportunity in her last term, and with control of both houses of the Legislature, to affect necessary change—and I don't bear any of that."

A presidential Proclamation Clinton proclaims King Holiday

America has been blessed with heroes throughout our history, men and women of vision and courage who have set us free firmly on the path of freedom and equality. Some became heroes by leading us in times of struggle: some by shaping our values and challenging us to greatness and a few, like Dr. Martin Luther King Jr., have done all this and more.

A thoughtful man and one of deep personal faith, his conscience called him into action for the soul of our Nation. He mobilized thousands of other brave and principled Americans—black and white, renowned and unknown—and began a crusade for justice that continues today. In sit-ins, marches, demonstrations, and boycotts, he and many others met violence with nonviolence and ignorance with determination. They awakened the conscience of our Nation and succeeded in winning passage of historic civil rights legislation: the Civil Rights Act of 1964, the Voting Rights Act of 1965, and the Fair Housing Act of 1968. Pouring out his life in service, Dr. King made enormous and lasting contributions to improve the lives of millions of his fellow Americans.

Almost 35 years have passed since Dr. King challenged us from the steps of the Lincoln Memorial to live out the true meaning of our creed—that all men are created equal—and almost 30 years have passed since he was taken from us after an all-too-brief sojourn on this earth. A generation of young Americans has come of age without experiencing firsthand the power of his vision or the eloquence of his voice. Much has changed for the better in that time, but we still have much to do if we are to finish the work of Martin Luther King Jr.

Following his example of service, we must build communities where everyone shares an equal opportunity for a good education and a good job, where our children grow up without living in the shadow of guns, gangs, and drugs, and where we reject separation and isolation and instead celebrate together the blessing of our diversity.

Last June, I established my initiative, "One America in the 21st Century," to encourage a national dialogue among Americans about race and to spur concerted action that will bring Americans together. We must put aside

the bitter refrain of accusation and recrimination and instead discuss and implement new ideas for forging a single Nation in the 21st Century out of our ever-increasing racial and ethnic diversity. By learning to talk to one another, to trust one another, and to work together in hope,

we can and will come to the time Dr. King foresaw when



"Justice rolls down like waters."

Now, President William J. Clinton, resident of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim Monday, January 19, 1998, as the Martin Luther King Jr. Federal Holiday. I call upon the people of the United States to observe this occasion with appropriate programs, ceremonies, and activities and to participate in the many community service activities taking place across the country on this day.

In Witness Whereof, I have hereunto set my hand this sixteenth day of January, in the year of our Lord nineteen hundred and ninety-eight, and of the Independence of the United States of America the two hundred and twenty-second.

—William Jefferson Clinton

NATIONAL BRIEFS

Compton First in State to Ban Alcohol and Tobacco Billboards

COMPTON, CA.—In October 1997 the Compton City Council passed an ordinance banning alcohol and tobacco advertising in all public places, including Long Beach, Inglewood and the city of Los Angeles, have either passed or are considering passage of less restrictive ordinances which limited outdoor ads to within 500 to 1,500 feet of schools and churches. Compton's ordinance is the first to fully ban Baltimore and Chicago's action in actually banning such billboard advertising. Studies conducted by the Washington, D.C.-based Center for Science in the Public Interest show that the tobacco and alcohol industries not only target African-American and Latino communities, but the ads are more provocative and there are more of them than in White communities. The Black Women's Media Project launched the campaign to restrict the billboards in April 1996. It included several presentations to the Compton City Council, organizing a letter writing campaign with allied women's organizations, working with community volunteers and through churches to collect 500 letters of support from citizens.

Redesigned U.S. \$50 Bill Issued

WASHINGTON, DC.—On Monday, Oct. 27 the Federal Reserve began issuing redesigned \$50 bills. The new bills, which will be widely available in banks and other depository institutions around the world in the coming weeks, incorporate many new security features to help counterfeiting and make U.S. currency easily identifiable to people with low vision. The Series 1996 \$50 note follows the March 1996 introduction of the redesigned \$100 note, and is part of an ongoing program to maintain the security of the nation's currency. The redesigned \$20 note will be introduced next year. The redesigned \$50 note and subsequent denominations will also include a large dark numeral on a light background on the back of the note. This will make it easier for the more than 3.7 million Americans with milder forms of visual impairment as well as users in low-light situations to identify the currency.

SCLC Co-Founder's Son Unanimously Elected 4th President

ATLANTA, GA.—Martin Luther King III, born months after his father was chosen as the founding president of the Southern Christian Leadership Conference (SCLC), was unanimously elected president of the civil rights organization by the voting delegates gathered across the nation. King succeeded Dr. Joseph Lowery on Jan. 15th, his slain father's 69th birthday. Lowery, a co-founder who had directed the organization for half its existence, succeeded Dr. Ralph Abernathy in 1977. In accepting his new role King said he was "honored and humbled" by the great task before him and that he does not stand alone but "on the shoulders of two incredible parents." He also praised Lowery for having provided "tutorials and excellent leadership" for 20 years as president.

Third Annual National Penny Recycling Campaign Underway

WASHINGTON, D.C.—The Third Annual National Penny Recycling Campaign began Oct. 1 and continues through Dec. 31, 1997. Penny Lovers of America, Inc., a non-profit education and charitable organization, was formed in 1984 "to promote character, scholarship and patriotism among the nation's young people." The organization conducts the penny recycling campaign to raise scholarship funds for underprivileged and disadvantaged students struggling to get a college education.

Grea Neversen and Teresa Jones are two students from Washington, DC public schools who were recently selected as the first scholarship recipients. Each received an award of 6100 pounds of pennies or \$100. Secondly, pennies are collected to help alleviate the "penny shortage" plaguing many financial institutions, especially banks that have a positive impact on others; and always lends to your inner voice," states Maria Dowd, creator and Executive Producer of African American Women on Tour.

Americans Honor Martin Luther King through service on holiday

President's Race Initiative

WASHINGTON, D.C.—For tens of thousands of Americans across the country, January 19 will be a day "on" for service—not just a day off work—as the nation honors Martin Luther King by working together in service activities across racial and ethnic barriers.

Rebuilding a burned church in Washington, Ala., tutoring children in Philadelphia, and revitalizing an inner-city school in Washington, DC are just a few of the hundreds of service projects that will be taking place across the country on Martin Luther King Day.

"Thirty years after Martin Luther King's death our country is once again engaged in a dialogue on race," said President Clinton. "But to achieve one America, we must go beyond words to

deeds. Serving together on the King holiday—and everyday—will bring our nation closer together and help meet some of our toughest challenges."

The President, the First Lady, Cabinet Secretaries and members of the President's Advisory Board on Race will participate in service activities on this country. The President will join AmeriCorps members and 300 volunteers to renovate classrooms at Cardozo High School in Washington, D.C.'s historic Shaw neighborhood. Matt Clinton and Education Secretary Richard Riley will read to children, build bookshelves and help children learn about Martin Luther King at the MCI Center in Washington, D.C.

"As Americans look at each other across a racial and economic divide, our nation is crying out for ways to bring us together," said Harris Wofford, chief

executive officer of the Corporation for National Service, and a close friend and advisor of King's. "Service can be that recommission, the rediscovery of the bonds of friendship and community that tie us together as fellow citizens."

In August 1994, Congress passed the King Holiday and Service Act, establishing the King holiday as a day of service reflecting his belief that "Everybody can be great because anybody can serve." This year citizens in every state will join together in more than 200 service projects to tutor children, build homes, clean parks, paint classrooms, deliver meals and perform countless acts of citizen service. Many of the service projects are a kick-off to sustained efforts throughout the year.

UPS foundation awards \$1 million to 100 Black Men of America

ATLANTA, GA.—The UPS Foundation, the philanthropic arm of United Parcel Service, awarded a \$1 million grant to the 100 Black Men of America to bridge together the organization's mentoring and scholarship programs.

The announcement was made by Cal Tyler, senior vice president of United Parcel Service, during the 100 Black Men of America President's Summit. Tyler, a member of the Atlanta chapter, is also serving as honorary chair of the President's Summit.

"The 100 Black Men of America and its various chapters are nationally and internationally renowned for their

commitment to educational mentoring and empowerment programs which benefit African-American youth," said Tyler.

Thomas W. Dorch, national president and chairman of the board of the 100 Black Men of America, said the organization is extremely excited about the potential and promise of the grant.

"The UPS Foundation has provided us with the first corporate gift that has the vision to bring the necessary tools of mentoring and providing scholarships together for a value added benefit to our youth," said Dorch.

Henry Louis Gates, Jr. on Pulitzer Prize board

NEW YORK.—Henry Louis Gates, Jr., the author and scholar of



Henry Louis Gates Jr.

African-American literature and culture, has been elected a member of the Pulitzer Prize Board.

The announcement was made by the president of Columbia University, which awards the annual prizes, not the board's recommendation. Members serve a maximum of nine years on the 18-member board.

Dr. Gates is the W.E.B. Du Bois Professor of the Humanities at Harvard University and director of the W.E.B. Du Bois Institute for Afro-American Research there. Educated at Yale University and

Clare College of the University of Cambridge, he taught English literature and Afro-American studies at Yale and at Cornell University before joining Harvard in 1991.

He is the author of four books, including *Figures in Black*, *Signs, Signs, and the Racial Self* (1987). He is general editor of the Norton Anthology of African-American literature, co-editor of *Transition* magazine, a staff writer for *The New Yorker* and the author of essays, reviews and profiles in other magazines, scholarly periodicals and newspapers.

Honors granted to him include the Zora Neale Hurston Society Award for Cultural Scholarship, the Norman Rabb Award of the American Jewish Committee, the George Polk Award for Social Commentary and the Tikkun National Jewish Award. He has been a Mellon Fellow at the University of Cambridge and the National Humanities Center, a Ford Foundation National Fellow and a MacArthur Prize Fellow.

A retreat to enlighten and empower

SAN DIEGO, CA.—Over the test years, women's retreats have gained in popularity, offering everything from manicures and massage to mud baths and meditation. But the African American Women on Tour (AAWOT) conference series bring an entirely different perspective to "weekend getaway." Regarded as the nation's foremost black women's empowerment conference, AAWOT was created to embrace and enlighten African women of African descent. AAWOT's purpose is eloquently expressed in the conference's mission statement—African American Women on Tour provides a forum for uplifting, enhancing and empowering the quality of life for Black women, their families and communities through academic, intellectual and spiritual development. The conference accomplishes these goals by offering workshops, forums and the nation's most highly regarded speakers on black women's issues.

The 1998 lineup of keynote speakers includes legendary vocalist Gladys Knight; best-selling author Iyanla Vanzant; actress Sheryl Lee Ralph; author/actress host Bertice Berry; singer Melba Moore; comedian Phyllis Young; Stickney and requests to 619-560-0190. Email: aawot@mindspring.com, or visit the web site, www.aawot.com.

AAWOT's workshop topics

Maria Dowd: Tour's driving force



Maria Dowd

SAN DIEGO, CA.—Every successful entrepreneur has a business philosophy that has moved them beyond obstacles, through challenges and toward achievement of their ultimate goals. For one successful businesswoman, her philosophy is simple, yet profound, and has touched the lives of thousands of women around the world. "Recognize your calling, do meaningful work that has a positive affect on others; and always lends to your inner voice," states Maria Dowd, creator and Executive Producer of African American Women on Tour.

include career and business development, relationships, health and fitness, spiritual growth, communication skills and personal development. Workshop facilitators represent a wide range of disciplines and countries. Many are published authors and corporate trainers who tour with the conference to share their wisdom and network. "This is my fifth year on tour with AAWOT and each year it gets better and better," states Glinda Bridgforth, workshop presenter and President of Bridge forth Financial, a financial management firm. "I enjoy having the opportunity to share with and respect those women who desire to implement successful money management strategies into their lives."

Another attraction at African American Women on Tour is the Passages programs for girls, boys and young women. Based upon the principles of love, peace, honor and respect these programs explore the personal growth and development of the young participants. Utilizing role-playing, meditation and mind mapping, participants reach higher levels of self-discovery and empowerment.

For more information about African American Women on Tour, call 1-800-560-0190 (2298) and requests to 619-560-0190. Email: aawot@mindspring.com, or visit the web site, www.aawot.com.

Andre Crompton of Irvington completes Page program

IRVINGTON.—Andre Crompton, a senior at St. Benedict's Preparatory School in Newark, recently served as a Page in the U.S. House of Representatives in Washington, D.C. He was appointed by Tenth District Congressman Donald M. Payne, a longtime advocate of youth who serves on the House Committee on Education and the Workforce.

Under the Page Program, young people come to Washington to serve as support staff for the U.S. House of Representatives. While carrying out their work responsibilities, the students also attend classes at the House Page School. Because there are a very limited number of openings, Page positions are extremely competitive.

"Andre did an outstanding job, and I was very pleased to offer this talented young man the opportunity to participate in the Page program," Payne said. "Young people who are interested in government and public service gain valuable insight from the experience of working in Washington."

Andre, the son of Cyril and Evelyn Crompton, has been a member of Boy Scout Troop 255 in Irvington, where he



Andre Crompton of Irvington with Congressman Donald Payne.

earned the rank of Life Scout. As a youngster, he played with the Irvington Little League baseball team. At St. Benedict's, he has excelled in the First Congregational Christian Church in Irvington, winning the number one ranking in the state of New Jersey and num-

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SOCIAL

Social Imaging 101

What is the purpose of a governing body? To pass laws, to govern the city effectively and responsibly, and serve the public and spend taxpayers money wisely.

The Newark City Council's latest bright idea is in the form of a payout for young girls who will cost the taxpayers \$35,000. This is the idea of Central Ward Councilwoman George Branch claims that it will boost income to young ladies, but who will really receive the boost?

The name of this contest was changed from "Ms. Renaissance" to "Ms. Municipal Council" by Councilmembers who to boost the Council more than it would serve the self-esteem of any contest entrant. According to published reports, the council apparently feels that there are only 200 young women worthy to enter the contest, as that is the amount of applicants sent to area schools. The ones who will enter this contest do not necessarily need to have their ego boosted. The ones that need the boost won't enter this contest.

This is the latest example how your public officials should not spend your money. It is time to George Branch and his council colleagues. Get out of the social events promotion area. Spend your time and the taxpayers money on programs that will serve the public in more than just a cosmetic form. Leave the social imaging to the social service agencies, and take care of the business of running the city.

Part II

Dr. King's legacy and the consequences of racism

By Dr. Lenora Fulani

The Democratic Party says it has the answer: Racism is on the rise! The Republicans are going to roll back the civil rights movement! Look what's happening in the South! It's a full-blown civil war! Don't go anywhere! Stick with us! But the Democrats — from Bill Clinton on down — are lying. Racism is ended. It was ended by Dr. King and Malcolm X and millions upon millions of Americans in the 1960s civil rights movement who forced the outlawing of racial discrimination and inequality.

While structural racism was dealt with 30 years ago, the consequences of racism have yet to be remedied. Now Black America, politically disempowered in many ways, and still very poor, is asking: What next? This was the impulse behind the Million Man March, for example. Likewise, the reduction in violence in poor Black communities is a sign we are trying to contain our rage and get ourselves past the present circumstances.

But the Democrats and Republicans do not want that to happen. They have succeeded in turning the issue of race relations (and all important social issues) into a set of

caricatures that prevent any healing and any socio-cultural transformation. It's our society, not a broad understanding movement to come up with solutions for post-racist America.

The 1990s brings us to a political revolution where the two parties moved to the final frontier for the full emancipation of America. Ironically, too, this movement takes us back to some of the original intentions for the founding of our country — life, liberty and the pursuit of happiness, a democratic society in which government is for, and by the people, and a political culture based on development and growth. In order to achieve this revolution, control over politics and power by the Democrats and Republicans is going to have to be broken. The remedies to inequality have been created and installed, do not, in and of themselves, guarantee economic growth and the elimination of poverty that could accompany it. Black America and all Americans want to guarantee economic growth, we're going to have to open up the Pandora's Box of political reform. To get our hands on these critical processes means getting our hands on the political process through which the country is governed.

What does Black America do now? It must become a full partner in the Fifth American Revolution, in the political restructuring of the country.

Dr. Lenora Fulani is a leading author and speaker. She is the author of *Black America: A Living History* and *Black America: A Living History*. She is also the author of *Black America: A Living History*.

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Amnistia doesn't forgive white men

By Carolyn L. Bennett

You pay attention to reviewers who say "Amnistia" is another glorification of white men in a black man's story. When black men strike to lose their lives and are chained again to feed while men's greed then are brought before the bar of white men's justice for daring to desire freedom—who better to defend them than white men.

"Amnistia" is not about glorification of white men. It's about two great men in the throes of history: Cinque, the esteemed son of a Mende chief, had been taken from West African home by men in the slave trade of the 1830s; and John Quincy Adams had been the sixth U.S. president and the son of the second president. These men had lived beyond their fears and could see clearly the power of the human spirit in each other. So they used what they sensed to overcome hopelessness.

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Equal pay for families

by U.S. Senator Robert G. Torricelli

With the annual ritual of holiday shopping, spending and borrowing upon us there is no time more appropriate to address the issue of over-burdened and over-extended family incomes.

Although unemployment is at a record low, many families need two parents working to maintain the same standard of living our parents enjoyed with one income.

Working wives now make a substantial contribution to many families, but their earnings are often lower than what their husbands would earn in comparable jobs. Full-time working women earn only 75 percent of the median income for men.

With a work force that is 46 percent female, wage discrimination is a dangerous assault on the millions of families supported by two incomes.

I recently co-sponsored legislation to help these families, by making sure that working wives are paid the same as their husbands for equal work. We would give equal pay for equal work, more parents could choose to pursue a second income as an option for staying ahead, not as a requirement to stay afloat.

The Bureau of Labor Statistics reports that working wives contribute one-third of their family's incomes.

Real energy competition will bring benefits

By The Coalition for Competitive Energy

In spite of the legislative reform action, our rates in New Jersey remain extraordinarily high. Industrial energy rates are fully fifty percent above the national average, and our residential rates are among the most expensive in the nation.

There is no doubt that this move to end the monopoly protecting a single of Hercules proportion. The regulated monopolies that have supplied electricity in the past may use delaying tactics to hold their share of the market. They will do their best to ensure that "competition" will be a phrase that will be the legal standard — but not the reality.

There will be a great deal of debate over what competition truly entails, but our legislators must recognize the principle of competition. True competition will bring numerous benefits to both business and retail consumers in New Jersey.

In determining the specifics of deregulation in New Jersey, our legislators will have a great deal to consider. The goal is to recover their "stranded costs"—the money they've invested in building and maintaining power plants through the years.

But before New Jersey consumers are forced to pay billions of dollars to recover stranded costs, legislators must ask these questions:

• Have the monopolies attempted to reduce costs themselves? Any well-operated business should explore all

opportunities to reduce these costs, including selling these investments to other power markets.

Were the costs prudently incurred? Simply because a utility says it was "forced" to make an investment does not mean that investment should be allowed to recover part of their genuine "stranded costs." And consumers can still receive the benefits that will come from rate competition in New Jersey. Let's hope our legislators won't decide on a hidden tax increase to pay off the monopolies' stranded costs, and instead seek to significantly lower rates, bringing benefits to all New Jersey consumers.

The Coalition for competitive energy is a broad-based coalition of New Jersey businesses that share a common goal: to ensure that our energy rates are fair and competitive. We support New Jersey's energy law policies that do not raise current costs to businesses or reduce future energy options.

It is frightening the way that these men scientists would do whatever they can to go against nature to the degree that they would attempt such a thing. As they now clone animals, they're close to cloning humans. I also witnessed on the television program "Goosebumps" where children who were not well behaved were sent to a "Perfect School" and returned home to their parents "perfect children." What's what? The returned were clones and the actual children were locked up in jail.

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The dilemma of the two Kings

By Earl Ofari Hutchinson

When Martin Luther King III officially took over the reins of the Southern Christian Leadership Conference (SCLC) on his father's birthday, Jan. 15, he faced a far different America than did his father. Forty years earlier...

However, it would be grossly unfair to expect King III to be the charismatic aggressive champion and martyr for civil rights that his father was. The times have changed too much for that.

Racial battles are no longer fought in the streets, but in the courts.

King did not see this backward political turn. His son has. He will have to grapple with the alienation of the Black poor, and the crime, violence and the drug crisis that has bedeviled the Black community. He will have to confront the hostility, and indifference of many Whites to social programs. He will have to deal with the reality that Latinos and Asians have become major players in the battle for political and economic power.

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Men having babies?

By Kai Atiba Niyoni

I recently saw a program on the Discovery Channel about the male seahorse's ability to give birth. I was amazed. I saw this male seahorse giving birth and seemingly going through labor pains in doing so. Well, for whatever reason why the male seahorse gives birth, it is now in the mind of the great mad scientists to experiment with the human male to see that they could implant this and that to allow the male to give birth.

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BUSINESS CALENDAR

WEDNESDAY, JANUARY 21

NEW YORK—A course on Advanced digital applications will be held from 8 a.m. to 9 p.m. at the Midtown Center, 421, at New York University. For more info, call 212-790-1370.

NEW YORK—A course on "Fundraising Management and Training" will be held at the Midtown Center, New York University, Room 413 from 8 to 8 p.m. For more info, call 212-790-1380.

UNION—An information session with NJ Assemblyman, Richard Raggi, will be held at 9 a.m. to discuss two bills, A-2500 and A-674, which focus on the implementation of drug free workplace programs at the Union Hospital Community Resource Center. For more info, call 800-686-6644.

THURSDAY, JANUARY 22

NEWARK—A seminar, "Taxman vs. Pleasantry" will be held from 8:30 a.m. to 10:30 p.m. You are invited to meet Stephen E. Klausner, Attorney for Sharon Taxman at The Newark Airport Marriott.

FRIDAY, JANUARY 23

CRANFORD—"Introduction to Computer," a foundation computer technology course will be held from 7:30 a.m. to 4:30 p.m. For more info, call 908-706-7600.

JAMESBURGH—A seminar on legal issues you need to know about the hiring maze will be held from 8:30 a.m. to noon at the Holiday Inn. For more info, call 609-393-7707, ext. 213.

TUESDAY, JANUARY 27

EAST BRUNSWICK—Attorney, Richard Levine, will speak at a free Chancellor's Seminar. For more info, call 800-468-0027.

WEDNESDAY, JANUARY 28

UNION—Small businesses are invited to participate in the Union County Economic Development Corporation's special training seminar, titled "Survival Skills in the Electronic Marketplace." Part 1 of this seminar will run from 8:30 a.m. to noon and Part 2 will be held from 1 p.m. to 4 p.m. For more info, call 908-527-1156.

NEW YORK—An "Event Marketing Conference: Building Brand Awareness, Client Relationships and Profits" with EventMedia Partnerships will be held from 8:30 a.m. to 5:15 p.m. at The McGraw-Hill Auditorium. For more info, call 212-872-3787.

It's time to check-out business financing

By Don Dietz

Small business owners and professional practitioners could become the big beneficiaries of new sources for capital financing if 1997 trends carry over into 1998. Every indicator points to the new year being good for entrepreneurs who are looking to grow or expand. In fact lenders, large and small, are aggressively targeting small businesses and professional practices with new marketing programs and products.

SBA, A Leading Edge 21st Century Financial Institution?
The U.S. Small Business Administration (SBA) has grand visions as it moves into the new millennium. It expects to approve \$10 billion in loans under its flagship 7(a) guaranteed loan program for the 1998 fiscal year and \$3 billion under its SBA Certified Development Company loan program.

The SBA offers several very attractive programs for borrowers. Businesses can get up to 90 percent of eligible financing needs and qualify for up to a 30-year repayment period without prepayment penalties, balloon payments or points. Proceeds from SBA loans can be used to purchase commercial real estate, for construction and leasehold improvements, renovation, business acquisition or start-up, to purchase machinery and equipment or a franchise, working capital, debt refinancing or inventory.

SBA financing has become a very popular source for businesses. Prospective borrowers can learn more about it from their accountant, broker, business journal or visit the SBA's web site at www.sbaonline.sba.gov.

New conventional lending products that provide greater flexibility for small business owners are a popular new resource that has recently been introduced to the small business mar-

ket. One of the most widely marketed new products tailored for small businesses and industry professionals is The Money Store Commercial Lending Division's TMS Direct. It provides up to 100 percent financing, terms up to 30 years and a minimum owner-occupancy rate of 25 percent. Lease income can also be considered in the cash flow analysis.

Another advantage is processing speed. In many cases, these new loans can be closed in a matter of days, for amounts up to \$2 million.

Two of the biggest reasons why borrowers favor SBA products and the new conventional loan programs, such as TMS Direct, is that both provide longer terms and cash flow is an important component in making the deal. Two very appealing aspects for borrowers who haven't built up a lot of business or personal collateral.

Construction loans from start to finish

Entrepreneurs and industry professionals are discovering how they can gain tax advantages, equity and control by owning their building and real estate. While many are purchasing existing properties, others are opting to construct a custom building that can expand as the business or practice grows and prospers.

To service that part of the commercial financing market, forward thinking lenders have designed one-stop shops to help borrowers work through the details of constructing a building from ground-up.

An established commercial construction lender can make the difference for a new or emerging business. Construction projects can be stressful, and it's often a new experience for the business owner.

Economic Development Plans in Union County

ELIZABETH—Union County Economic Development Corporation is part of a larger initiative devoted to improving the economic strength of Union County. The newly-established Union County Department of Economic Development is the lead organization and umbrella under which all other economic development efforts, including ours, fit.

Created by the Union County Freeholders in 1997, the department focuses on policy issues, business attraction efforts and international trade. Consultants are currently helping create plans for attracting specific business industries and encouraging international trade.

Under the leadership of County Manager Michael Lapolla, Deputy County Manager & Director of Economic Development George Devaney directs and manages the department. For info, call 855-646-6001.

The UECDC focuses its efforts on business retention and expansion and technical assistance. It also partners with the following agencies:

NJ Department of Commerce and Economic Development. As host to one of four satellite offices in the state, it frequently links clients with state staff, programs and initiatives.

Chambers of Commerce. It supports their efforts to spur an improved business climate in each municipality and the county.

Gateway Center at Kean University, created in 1997 to serve as a regional academic research group, this organization's focus includes strengthening the region's economy, arts, culture and housing.

Union County Alliance. This bipartisan group supports legislation that promotes the County's interests and advocates on issues of common concern.

Ten points to enhance job skills

MENLO PARK, CA—Low unemployment levels prevail nationwide, but that does not mean workers should go into the new year without looking to improve job skills and performance. Not only is competition among professionals at all levels increasing, but employers fully expect their people to expand industry expertise and contribute to greater corporate profitability.

Diane Degeyter, executive director of Office Team, a leading staffing service specializing in highly skilled temporary office and administrative professionals, outlines 10 steps workers can take to enhance their career growth in 1998:

1. Establish goals—Every employee should develop a list of objectives to achieve in 1998 and review it frequently, taking action at every opportunity. This could include activities such as building customer relations or reading trade journals to keep apprised of industry trends.

2. Get organized—Whether it's utilizing project tracking software or a day planning notebook, strong organizational skills are key to moving forward in your career.

3. Seek new responsibilities—Offering to assume additional duties and projects, regardless of their size, will provide valuable experience and foster professional growth.

4. Learn new technologies—New computer systems and software being introduced today, your technical training is never complete.

Developing greater expertise with new applications or becoming more Internet-savvy will enhance your career development.

5. Network—Join a trade association to interact with others in your profession and stay current on trends in your field. Maintain contact with former business associates, college alumni, professors, and so on.

6. Dress for success—Select business attire appropriate for the position you would like to have in your company.

7. Become a mentor in your department—Not only will you benefit by assisting co-workers and fostering staff camaraderie, but you will strengthen your interpersonal and leadership skills.

8. Be visible—Without boasting, take prudent steps to ensure your accomplishments are known to those in the company. This can include, where appropriate, actions such as speaking up during meetings, presenting suggestions for new business practices or even arriving early to the office.

9. Remain flexible—Always be open to new assignments or assignments that fall outside of your job description—it could serve as a springboard to gaining new responsibilities.

10. Stay upbeat—Maintaining a positive attitude when workloads peak demonstrates an ability to produce results under pressure, which is always a valuable trait.

Drug free workplace

UNION—The bottom line for companies having no drug-free workplace program can be devastating. Unsafe working conditions, low productivity and morale, increased absenteeism and workplace accidents are all very real possibilities. The Union County Coalition for the Prevention of Substance Abuse, led by its Business Task Force, will host an information session with NJ Assemblyman Richard Bagger on Wednesday, January 21, at 9 a.m. to discuss two bills, A-2500 and A-674, which focus on the implementation of drug free workplace programs. The session will be held at the Union Hospital Community Resource Center, located at 973-A Stuyvesant Ave., Union.

Assemblyman Bagger established these two bills which set guidelines for drug-free workplace programs. Assembly Bill A-2500 offers direction and options for implementation while Assembly Bill A-674 provides a five percent reduction in workers' compensation insurance premiums to companies that comply with requirements.

"Business owners who voluntarily desire to implement a drug-free workplace are often faced with the dilemma of not knowing where to begin and/or not being clear about what they can and cannot do," says task force Chairperson, Deborah Johnson. New Jersey has yet to take a stand on this issue. This leaves employers with no guidelines to follow other than federal mandates. Other companies with programs in place lack a legal basis in enforcing their alcohol and drug policy because they dread the possibility of a lawsuit. Most smaller companies are in a state of denial believing that their employees are not substance abusers.

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Trademarks and service marks create wealth

By Pierre A. Clark

"Branding"—creating a distinctive business name or trademark—is the business of the 1990's. Every entrepreneur knows the power and profitability of a well-known, well-respected brand name. The Internet, which you know by your domain name, has focused even more attention on the value and power of brand names.

Who doesn't, for example, immediately know or recognize Apple Computer, General Mills, Avis, or any of a hundred other distinctive brand names. These brand names have established such a singular presence in their respective industries that companies trying to compete with them have an almost impossible task.

How much can a name be worth? In some cases, millions of dollars. Trademarks establish your unique idea and protect it and encapsulate an idea or concept that can make you millions of dollars. Take, for example, the word "time-out" which made former LA Lakers and current Miami Heat basketball coach Pat Riley millions of dollars in the Bulls won their third straight NBA basketball championship in 1993; 1-800-FLOWERS is a \$100 million business as is 1-800-DOCTORS. 1-800-DOCTORS and 1-800-DENTIST are three business enterprises built entirely on the immediate recognizability of their trademarks.

How can you create a distinctive trade name? In developing a trade name, there are two strategies: (1) Focus on a name that describes either the major product or service offered by your firm and (2) create a name that is easy to remember.

If your major service is auto repair, for example, you may want to design a trademark that describes your profession and attitude—the Wrench Master, the Grease Monkey, or a similar name. The most memorable trademarks are usually a maximum of three words long.

To solidify your trademark and maximize its visibility and impact, you should complete these additional steps:

1. Registration: What steps should you take to register a trade name? Complete an application to register your trademark-tradename with your state (\$10 to \$25) and federal trademark (\$100 with the Library of Congress through the Department of Commerce).

2. Marketing: What are the best ways to market your business using a trade name? List it on sponsorships. Display it prominently in your advertising, particularly in your Yellow Pages ads. Studies show that Yellow Pages customers react to catchy trade

names most favorably when looking for companies with which to do business. Put it on everything.

3. Recognizability: How can you enhance the recognizability of your trade name? Strategies to increasing the visibility of your trade name includes having it printed on T-shirts, hats, pens and pencils. List it in sponsorships.

4. Building A Business On A Trade Name: How can you build a million-dollar business based on a trade name? A clever trademark is an indispensable business asset, because it represents the brand name introduction your firm uses to create instant trust and recognizability of your products and services. One good example is Nike, and their Air Jordan brand of products.

The brand name you establish defines your business as no other single asset can. That's why it's important to spend a great deal of time developing and promoting your business name, and once you've created a trademark or service mark, to protect it through registering it as a trademark, trademark or service name. Trademarks are extremely important often the most important intangible asset you have or will develop in your business.

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Religious values hold our lives together

By Michael A. Grant, J.D.

Our world is experiencing change at an unprecedented rate. Many of the institutions that held our lives together are either crumbling under the very eyes of our society, or struggling with redefinition and transformation. In addition, community life that once defined how we would react each other appears to be coming loose at the seams. Integrity, that virtuous standard that regularly guided social intercourse, has in far too many instances taken a back seat to "get-all-you-can-any-way-you-can" ethics. Even something as sacrosanct as human life has been cheapened and devalued because of our society's pathetic worship of such shallow idols as wealth, status, ego, and popular appeal. Some of our elderly, who created many of the physical comforts that we now take for granted, are locked away to rot and our children are thrown to the wolves of unscrupulous television programming or, worse, to the anarchy of the streets.

Confusion, doubt and uncertainty—coupled with relentless out-of-control stress levels—have wreaked havoc on our minds, bodies, and souls. We want to be optimistic and focused on tomorrow's promise but today's news keeps assailing our spirits.

So where does one go for consolation? Where does one find peace of mind and real joy in living? How does one become centered and re-focused? How ought we to live so that the sweet sounds of the song bird reflect our hearts' contentment and our human need to feel one with the majesty of life? I am sure that the great philosophical thinkers, the mystics and the meditators have far deeper insights into these profound questions than I do, but as a teacher of motivation and positive focusing, I would like to suggest that the first place one should go to find meaning and joy in life is inside oneself, so as to get a closer glimpse of one's values. Values are what we are made of. Our values are who we really are. They guide us. Unlike our goals, our values are not only about tomorrow, they are also about today. Values are what we are. No, they are our core values, they are firmly planted when the vicissitudes of change and man's inhumanity to man leave us feeling shattered and distrustful. Solid values are what keep us trying when wretchedness all around us seeks to deny our faith in purposeful living.

Golden values, our inner lights to shine through the all-consuming darkness created by setbacks, set-ups, and upsets, solid values force us to face the inertia inside ourselves and re-ignite our engines for more productive work and for a greater commitment to society. Solid and true values forbid us from joining the status quo when it sanctions cruelty to others and cavalierly toward any person or his or her God-given dignity.

Solid rock values, held us together when we fear or nearly collapse, they are our anchor, and with the illusion that the unknown threatens us in ways that cause us to tremble rather than to stand steadfast.

God bless!

Supermarket savings

By Dr. Karen Enslie

How would you like to save \$1,000 a year at the supermarket and use this money for savings or debt reduction? To save \$1,000 a year entails weekly savings of about \$20 less than what is currently spent. In 1996, the average U.S. household spent \$27,122 food eaten at home and \$1,698 on food eaten away from home. 8.5 percent and 5.3 percent, respectively, of an average total of \$31,751 in household expenses.

Is \$1,000 of supermarket savings really possible? Yes! Get the following suggestions to get started:

• Don't buy food (at supermarkets or restaurants) on credit cards unless you can pay the bill in full without interest at the end of the month. • Cut your own meat, vegetables, and fruit (e.g., stew meat).

• Use fewer convenience foods by cooking main dishes (e.g., pasta dishes, casseroles) in batches and freezing them.

• Serve smaller portions, especially meat, high-fat foods, and desserts. Avoid food waste: freeze leftovers if there is a good chance that food could be thrown out before it can be eaten.

• Check food dating labels so as not to buy items that will easily spoil and consider buying marked-down items if there are no signs of spoilage and they will be eaten quickly.

• Use an all-purpose master mix (made with dry ingredients and shortening) for baked goods instead of buying packaged mixes.

• Buy non-food items (e.g., toiletries) at a discount drug store or other low-cost retailer (e.g., warehouse store).

• Stock up on items when they are on sale (e.g., canned goods) or in season (e.g., produce).

• Buy less meat: eat more non-meat dishes or use meat as small amounts (e.g., stir-fry dishes, kabobs, casseroles).

• Shop with a list with a "bottom line figure" and stick to it, limiting this amount to avoid "impulse buying," include a certain amount (e.g., \$10), on the list for unplanned items.

• Use coupons wisely: if you actually need the product with a coupon and the price with the coupon is cheaper than alternatives.

• Look for store brands or private label brands that double or triple coupon values and stores that allow you to combine a store coupon with a manufacturer's coupon.

• Try to score a "double play" or "triple play."

Double Play = sale price + use of coupons

Triple Play = sale price + coupons + cash or product rebate.

• Make greater use of store and/or generic food and non-food items. Cost savings over national brands can vary from pennies to dollars but will add up significantly over time.

Supportive and loving giving

By Junius Ricardo Stanton

"Give and gifts will be yours, good measure, pressed down and shaken up and running over will be poured into your lap; the measure you award to others is the measure that will be awarded to you."

Luke 6:38 The Knox translation

Are you a generous giver? Do you give of your time, your sustenance, your gifts, talents and ideas? The message of the Master was to share and participate fully in life. "Give and it shall be given unto you. The measure you meet shall be measured again unto you."

An American colloquialism of that is, "what goes around comes around." What is your contribution to the mix? Is it valid, valuable and the best you have to offer, or is it the bare minimum given grudgingly and with a doubtful attitude?

We are always giving. We give off "vibrations" that others can pick up even before we open our mouths. Are you vibing loving, caring and empathetic or are they hurtful, harmful and negative. We give every time we speak, when we open our mouths we contribute either positively or negatively to the immediate environment. What is your conversation like? Is it uplifting, supportive and loving or do

you enjoy tearing people down and injuring folks? The measure you award to others is the measure that will be awarded to you.

As a result of writing this column I have come in contact with many areas in my life. For this I am truly grateful. It was a case of being rewarded by giving. Writing is my gift I don't take credit for it. It is part of who I am and why I am here. In that regard I am on purpose.

Even though I write about personal growth and development there are areas in my own life that need maturity. Within the last few weeks several people have been sent into my life to offer support and encouragement.

We need hope. Phyllis Yvonne Stickeny says HOPE stands for Holding On, Releasing, Elevating or Evolve. Have you given anyone hope today? Are you an encourager or are you a nay sayer, a cynic or a scuffer? Look place! Do you even know what sadness/despair in the eyes and on the faces of our people. Have you provided any hope or inspiration to show them things aren't always what they seem?

You have gifts and talents. Are you using them to make the world a better place? Do you even know what you are good at? If you don't, now is the time to discover, develop, polish and hone your talents. Now is the time

to value yourself for who you are and what you have to give. Don't hide your light under a bushel. That happens because we fail to heed the good advice we are given. We ignore our dreams, our intuition or the outer messages and sign posts God provide to show us the way. That happens when we lack faith in the universe to supply our needs and use us in the divine plan for the good of all of us. You have something marvelous and wondrous to give. Come on with it!

You may contact Junius Stanton at e-mail address: JRStanton@aol.com

King's nephew urges a take back of the kingdom

By Avery Grant

CAMDEN—The nephew of Dr. Martin Luther King, Jr. urged the audience to take back the kingdom. Reverend Barber King recalled that Dr. King talked about the "beloved community" which was synonymous with heaven, and that he wanted to bring the Kingdom of Heaven to here on earth.

it seems that today people are saying more and more about less and less."

Reverend King is the organizer and pastor of Open Door Ministries in New Orleans, LA. He said that Dr. King is, "probably the best strategist of our time, for he was able to get people together, and they were a means to an end given to him by God."

Rev. King told the audience that in



Reverend Derek Barber King

Rev. King was guest speaker at the state's recent commemorative observance on the Rutgers University-Camden Campus.

"I am a preacher, and I make no apology for my expression, but if you don't understand me, then we are not communicating," said Rev. King, "but

on earth, "We have to deal with violence, racism, ignorance and poverty." He stressed that we must take back the disciplining and raising of our children to stop the killing and maiming. He said that we knew about the "village" long before Mrs. Hillary Clinton dis-

covered it. "Don't forget where we come from," Rev. King said, "some of us say that we pulled ourselves up by our own bootstraps, but baby, we remember when they didn't even have boots."

He implored the audience not to pretend that racism doesn't exist. "Jim Crow is not dead, he is just gone high-tech, put on a three-piece suit, and his name is now James Crowe, Esquire."

In closing Rev. King said that no one person or group alone can do it, but "When God brings all of God's children together this we can take back the Kingdom on earth."

The Thirtieth Annual Commemorative Birthday Celebration was sponsored by the New Jersey State Martin Luther King, Jr. Commemorative Commission. The commission is a state office under Secretary of State Long R. Holt and is directed by Dawn M. Du Verny, Esquire.

The New Jersey Tap Ensemble performed two dynamic rhythm tap dancing numbers, and recording vocalist Joshua Nelson, Newark, sang several stirring gospel selections. The Flag Salute was led by Boy Scout Troop 121, Atlantic City, and Girl Scout Units 6223 and 6806, Glassboro.

Echoing the theme, Secretary of State Hanks said, "Please take a few minutes today, tomorrow, or anytime soon to think about what you can do to effect positive change in your home, neighborhood or community—and then my friends, just do it!"

Supermarket savings possible with a plan

By Dr. Karen Enslie

How would you like to save \$1,000 a year at the supermarket and use this money for savings or debt reduction? To save \$1,000 a year entails weekly savings of about \$20 less than what is currently spent. In 1996, the average U.S. household spent \$27,122 food eaten at home and \$1,698 on food eaten away from home. 8.5 percent and 5.3 percent, respectively, of an average total of \$31,751 in household expenses.

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Gospel benefit at Jersey City Medical center

Family in Christ, a non profit organization established by several employees of the Jersey City Medical Center and the Jersey City community will present their 5th annual gospel concert to the patients and staff of the Jersey City Medical Center. The gospel concert will be presented on Saturday, January 24 at 5 p.m. at the Mount Olive Baptist Church, 400 Arlington Avenue in Jersey City.

The theme for this year's concert is "Save Our Children." Invited guest performers include gospel non-group such as The Swendsens, Tchiahi Tribe, and rapper Deshaun Odom, inspirational soloists Joshua Nelson of the New Hope Baptist Church in Newark, and Charles Gilliam of St. John Baptist Church, and Voiceless Disciple, a mime dance

group from the First Assembly of God church in Bayonne. Leading chorists have also been invited to perform, including Soul Saving Mass Choir, Bible Faith Tabernacle of Brooklyn, Mount Junior Choir of St. John Baptist Church, New Hope Baptist Church Youth Choir, Hayward Junior Choir of Corinthian Baptist Church, Monumental Baptist Church Youth

Choir, Bethesda Baptist Church Youth Choir, and Mount Olive's own Mount Olive Baptist Church Youth Choir.

Proceeds from the event will benefit patient care at Jersey City Medical Center. Family in Christ concentrates primarily on assisting HIV/AIDS patients and their families in the community. Admission to the concert costs a \$7 donation.

COMMUNICATIONS LIFELINE PROGRAM

Bell Atlantic is making telephone service more affordable in its service area in New Jersey by offering Communications Lifeline Service for qualified low income customers. Communications Lifeline Service provides a \$7.00 (seven dollar) credit toward your monthly telephone bill for customers that agree to be served under the terms of the Communications Lifeline Service Trust. This represents a \$3.50 reduction in both the Low Use Message Rate (LUMR) Service and the federal subscriber line charge.

Customers eligible for the Communications Lifeline program will be notified by mail.

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Health Calendar

WEDNESDAY, JANUARY 21

LIVINGSTON—A blood drive will be held at the St. Barnabas Medical Center from 6 p.m. to 9 p.m. For more info, call 1-800-BLOOD NJ.

TEANECK—Holy Name Hospital offers a free lecture "An Introduction to the Bereavement Process" for adults from 10 a.m. to 11:30 a.m. in the Community Health Services Bldg. For more info, call 201-627-3740.

LINDEN—A blood drive will be held at the Linden Presbyterian Church from 4 p.m. to 9 p.m. For more info, call 1-800-BLOOD NJ.

THURSDAY, JANUARY 22

NEWARK—A blood drive will be held at the VFW District 4 from 3:30 p.m. to 6:30 p.m. For more info, call 1-800-BLOOD NJ.

SUNDAY, JANUARY 25

MONTCLAIR—A blood drive will be held at St. Paul's Baptist Church from 9 a.m. to 3:30 p.m. For more info, call 1-800-BLOOD NJ.

UNION—A blood drive will be held at Union Forks Lodge from 11 a.m. to 3 p.m. For more info, call 1-800-BLOOD NJ.

TUESDAY, JANUARY 27

PLAINFIELD—Plainfield's Housing Authority presents The Rutgers Cooperative Extension Program's Good Nutrition, A Group for Women and Men every Tuesday, 12 p.m. at the Liberty Village Community Room located at 205 Liberty Street. Lunch will be served.

WEDNESDAY, JANUARY 28

NEW BRUNSWICK—A free seminar will be held on Laser and Cosmetic Surgery at The Skin Laser Center at Robert Wood Johnson University Hospital from 6 to 7:30 p.m. For more info, call 732-418-9145.

SATURDAY, JANUARY 31

TEANECK—Holy Name Hospital offers cardiopulmonary resuscitation (CPR) from 8 a.m. to 3 p.m. in Holy Name Hospital's School of Nursing, Rooms E14 and E15. For more info, call 201-633-7242.

Arthritis Foundation explores alternative medicine

NEW YORK—As alternative medicine sweeps across the country, chronic pain may drive many of the more than 1.7 million people in our region with arthritis to experiment with therapies, practices and products that may be harmful, helpful or simply ineffective, says the Arthritis Foundation, New York Chapter. To help consumers make educated decisions about using alternative medicine, Arthritis Today, the Arthritis Foundation's national consumer magazine, outlines the risk benefits in a recent issue.

According to *Arthritis Today*, keeping the following points in mind before using alternative medicine:

1. Your doctor still knows best. Form a partnership with your physician. Discuss both the risks and benefits of therapies, as well as possible interactions with your current medications. Never drop any part of your existing treatment regime without discussing it first with your doctor.
2. Natural isn't necessarily safer. Natural substances can contain powerful, potentially toxic chemicals. Just because a product is labeled "natural" or is from a plant source, it is not guaranteed to be safe. For people taking multiple medications, the risk can be even greater. Mixing some herb-based products with active ingredients

may cause a host of unexpected interactions and side effects.

3. Herbal supplements are virtually unregulated. Unlike prescription and over-the-counter drugs, which must pass rigorous, multi-phase tests to receive Food and Drug Administration approval, herbal supplements are not regulated. Manufacturers are not required to divulge the full list of ingredients in these products. Therefore, people are not fully aware of how much or even what substances they are consuming.

4. Some alternative practitioners are licensed; others are not. Some professional organizations certify and license their members. Others are much less stringent. Licensed practitioners should be willing to discuss their training and provide contact information for any state or professional building.

5. The "placebo effect" works—at least for a while. Twenty to 40 percent of people who unknowingly take a "sugar pill," or a substance with no medicinal content report improvement. The placebo effect is a valuable response and often works to the patient's advantage—as long as it does not jeopardize a person's health nor unduly drain his wallet. However, results are usually temporary and don't actually treat the underlying

problem. For people with progressive diseases, including some types of arthritis, that fact can be significant.

6. The more pain you're in, the more you want to believe. Desperation can be a powerful motivator when it comes to trying alternative therapies. Chronic pain can cloud judgment, putting people desperate for relief at higher risk of trying questionable, even dangerous alternatives.

Before taking or trying something, people with chronic diseases should ask themselves if they would give the same thing to their newborn child.

The New York Chapter of the Arthritis Foundation sponsors its Albert W. Grokost Mind/Body Connection Family Symposium to introduce participants to the ways the mind affects the body and techniques for improving health. Lecture topics include pain management, utilization of mental vision, changing thinking patterns, and nutrition.

For a free special report, "Considering the Alternatives?" from the November/December 1997 issue of *Arthritis Today*, or for free information about arthritis, call the New York Arthritis Exchange help line sponsored by Pfizer, Inc., at 212-984-8730 or (from the 914 area code only) call 1-800-246-2884. Or visit the Chapter's web site at <http://www.arthritis.org>.

Give public health your best shot

WASHINGTON—The National Public Health Week Steering Committee is sponsoring two photo contests—one for the Nation's photojournalists and one for America's public health workers—to illustrate "public health at work." Winners will receive a total of \$8,000 in cash prizes. Winning photographs will be displayed in Washington, DC, during National Public Health Week, April 6-12, 1998.

Those eligible to enter the contests include freelance and staff photojournalists and full-time or part-time public health workers. Public health workers must work for either a public health agency or an organization that is engaged in the work of public health at the national, state, or local level.

The Committee is looking for great photographs of public health in action, such as:

- preventing epidemics and the spread of disease,
- protecting against environmental hazards,
- preventing injuries,
- promoting and encouraging healthy behaviors,
- responding to disasters and assisting communities in recovery, and

• assuring the quality and accessibility of health services, that can be used to promote the importance and contributions of public health to all Americans.

All public health workers are eligible to participate, and either old or new photographs, taken by you, may be submitted. Cash prizes include:

- Grand Prize \$1,500
- Two First Prizes \$750 each
- Two Second Prizes \$500 each

The Grand Prize Winner will also receive an all-expense-paid trip to Washington, DC, to attend the award ceremony during National Public Health Week, April 6-12, 1998. Deadline: Submission must be postmarked by January 30, 1998. Winners will be notified by March 2, 1998. The decisions of the Public Health National Steering Committee will be final in all matters pertaining to this contest.

For more information or entry materials, visit the Web site of the Centers for Disease Control and Prevention (CDC) at www.cdc.gov or contact: Ami Becker at Project Associates, Monday through Friday, between 10 a.m. and 5 p.m. EST, at 301-468-4555.

Toys for the little ones

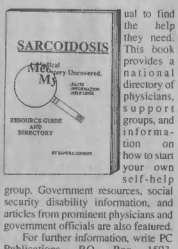


EAST ORANGE—The East Orange Chamber of Commerce recently donated more than 500 toys to children from East Orange and surrounding communities. The toys were donated by various East Orange businesses. The toys collected were part of the Toy Bureau of the Oranges and Maplewood, coordinated by the Chamber of Commerce. Thurmon Cohen, President of the Chamber, Eleanor Forbes, Special Assistant to Dr. John Howard, Superintendent of East Orange Schools, and Dr. Gerard Lee.

Coping with Sarcoidosis

PISCATAWAY—Whether you are newly diagnosed, or have been living with sarcoidosis for a long time, you can cope with this little understood disease and gain control of your life.

You most important ally is a supportive and understanding doctor. You will find your physician will play a key role in guiding you through the treatment of your condition, love and support from my family and friends is also important. The Sarcoidosis Resource Guide and Directory is a way for an individual to find the help they need. This book provides a national directory of physicians, support groups, and information on how to start your own self-help group. Government resources, social security disability information, and contact: Ami Becker at Project Associates, Monday through Friday, between 10 a.m. and 5 p.m. EST, at 301-468-4555.



Don't take your partner's snoring lying down!

At last, the definitive book on this all too common and sometimes very serious disorder, *Snoring From A to ZZZZ: Proven Cures for the Night's Worst Nuisance* by Derek S. Lipman, M.D. is a humorous, up-to-date and very readable. This is a "must read" for the afflicted and their loved ones.

—Dean S. Edell, M.D., nationally syndicated radio and TV medical journalist.

More than 40 million Americans snore. For many, thunderous snoring is a constant nightly disturbance, disrupting their sleep, their partners' sleep, and straining relationships. Other "side effects" of snoring include excess daytime sleepiness and fatigue, depression, headache, high blood pressure, impotence and weight gain.

Sufferers and their sleepmates who are tired of noisy nights and all that follows will welcome the work of Dr. Derek S. Lipman. In his book, *Snoring From A to ZZZZ: Proven Cures for the Night's Worst Nuisance* (© 1998), published by Spencer Press, \$12.95 quality paperback, ISBN: 0-9650708-1-6), Dr. Lipman covers every aspect of snoring and its medical counterpart, sleep apnea, in an easy, non-technical style.

As an ear, nose and throat surgeon, and a recognized authority in his field, Dr. Lipman has seen thousands of patients, listened to their problems and concerns, and happily, has been able to help most of them. The information in *Snoring From A to ZZZZ* ranges from the whimsical (Melvin Switzer is the snoring champion of the world according to the Guinness Book of World Records having registered 87.5 decibels, the equivalent of a motorcycle revving up at close range to the more serious medical side, including the recommendations of the National Commission on Sleep Disorders. Dr. Lipman presents every modern weapon in the Snore Wars arsenal, from self-help remedies to medical and surgical solutions, including the very latest in office laser surgery.

In *Snoring From A to ZZZZ*, discover:

• SOME delightful tales about famous (and infamous) snorers.

• HOW snoring is produced, and what it worse.

• WHY snoring can signal sleep apnea, a condition causing sleepiness, fatigue, weight gain, depression, high blood pressure, impotence and headaches.

• WHEN to seek medical help with your snoring. A Personal Snore Score Test is featured in the book.

• WHERE to find physicians who can diagnose, assess and treat snoring and sleep apnea.

• WHAT modern treatments are now available, including weight control, medications, dental appliances, special breathing machines, and the latest in office laser surgery—and much, much more!

So, don't spend one more sleepless night without having a copy of *Snoring From A to ZZZZ* on the bedside stand. It could be your first step to "silent" nights.

First aid tips to follow in the home

UNION—For children and adults alike, minor accidents are a fact of life and so is treating them. The following is some important information and useful tips on how to treat minor accidents and injuries.

Most minor first aid situations can be handled at home. But don't hesitate to call for medical help if you're not sure what to do. Be ready to share details about the situation to help the injured person receive the best care.

Cuts

To take care of a minor cut, stop the bleeding by applying pressure with a clean cloth and apply pressure. Wash the cut with soap and water. When the bleeding stops, make sure that no dirt, glass or other matter remains in the wound. Finally, bandage the cut. A person should see their physician if:

• The bleeding is severe or doesn't respond to pressure.

• The cut is deep and cannot easily be held together with a bandage.

• Anything oozes from the wound.

• You notice signs of infection, like swelling, pain, redness, or fever.

Burns

A first degree burn only affects the surface of the skin. Most people know this as sunburn or a minor heat related burn where the skin gets red. To treat this kind of burn, immerse the burned area in cold water until the pain subsides. Do not apply ice, butter or any other grease. A minor burn doesn't need to be bandaged unless it's rubbed by clothing or otherwise irritated and over-the-counter medications usually relieve the pain.

Choking

If someone is choking and can't breathe or talk, use the Heimlich maneuver. Stand behind the person and wrap your arms around his or her waist. Make a fist with one hand and

place the thumb side against the person's stomach, above the navel but below the rib cage. Grab your fist with the other hand, and pull in and up sharply. Repeat as often as necessary. If the Heimlich maneuver doesn't work and the person becomes unconscious, call for medical help by dialing 911.

Poisoning

The first aid for poisoning varies, depending on the substance and whether it was ingested, inhaled or absorbed by the skin. To help prevent poisoning, always label poisonous substances and keep them out of children's reach.

If an accidental ingestion of poison occurs, the smartest thing to do is call the New Jersey Poison Control Center at 1-800-POISON-1 (764-7661). If you know the poison source, keep the container handy so that you can identify the substance. Every poisoning victim should contact a physician or the poison control center.

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Artz, Wednesday

January 21-January 27, 1998

Billboard

THURSDAY, JANUARY 22

NEW YORK—Metro Blue singer, Holly Cole, will perform tracks from her praised current release, "Dark Dear Heart" 8 p.m. at the Westbeth Theatre. For more info, call 212-741-0391.

NEW YORK—Jazz at Lincoln Center features Cuba's rich musical heritage at 8 p.m. in Alice Tully Hall. For more info, call 212-875-5599.

SATURDAY, JANUARY 24

NEW BRUNSWICK—George Street Playhouse presents "To Kill a Mockingbird" through Feb. 28. For more info, call 732-245-7717.

NEW YORK—Jazz at Lincoln Center features Cuba's rich musical heritage at 8 p.m. in Alice Tully Hall. For more info, call 212-875-5599.

NEW BRUNSWICK—Crossroads Theatre Company invites you to the opening night celebration of "Spirit North" by Leslie Lee at 8 p.m. For more info, call 732-249-5581, ext. 19.

THURSDAY, JANUARY 29

NEW BRUNSWICK—The State Theatre presents Ballet du Capitole through 9 p.m. For more info, call 732-245-7489.

FRIDAY, JANUARY 30

SOMERVILLE—The Coasters, The O'Jays and The Platters will perform at 8 p.m. at the Theater at Raritan Valley Community College. For more info, call 908-725-3420.

SUNDAY, FEBRUARY 8

NEWARK—Sounds of Portugal will be performed at The Newark Performing Arts Center at 7 p.m. For more info, call 1-800-ALLEGRO.

SATURDAY, FEBRUARY 12

PRINCETON—Cassandra Wilson, jazz vocalist will perform at the McCarter Theatre Center for the Performing Arts at 8 p.m. For more info, call 609-653-9100, ext. 168.

SUNDAY, FEBRUARY 13

NEWARK—Spirituals, gospel, blues, and jazz will be performed at the NJ Performing Arts Center at 7 p.m. For more info, call 973-642-0404.

SATURDAY, FEBRUARY 14

SOMERVILLE—The Dirty Dozen will perform at 8 p.m. at the Theater at Raritan Valley Community College. For more info, call 908-725-3420.

FRIDAY, FEBRUARY 20

NEW BRUNSWICK—"To Kill a Mockingbird" will be performed at Barron Arts Theater Playhouse at 8 p.m. at the George Street Playhouse. For more info, call 732-634-0413.

SUNDAY, MARCH 8

NEWARK—A tribute to George Walker in celebration of his 75th birthday. This diamond jubilee will be held 1:30 p.m. at the Newark Museum. For more info, call 1-800-ALLEGRO.

FRIDAY, MAY 8

NEWPORT NEWS—Ella Fitzgerald's hometown of Newport News pays tribute to her legacy in jazz during a 2-day celebration of performances by internationally acclaimed artists at the Christopher Newport University at 7 p.m. For more info, call 757-664-6492.

SATURDAY, MAY 9

VIRGINIA BEACH—A Multicultural Festival, a two-day celebration of "Harmony in Diversity" will be held at the 24th Street Park through May 10th from 1 p.m. to 6 p.m. For more info, call 757-664-6492.

African Portraits: A tribute to 400 years of African-American Music

NEW YORK, NY—The African Heritage Network (AHN) and Warner Bros. Domestic Pay-TV, Cable & Network. Features broadcast African Portraits, a one-hour television special that traces 400 years of today's urban soul to its African roots. African Portraits is

hosted by Malcolm-Jamal Warner, star of Malcolm & Eddie and news anchor. Sue Simmons of WNBC-TV. The show will air on WNBC Channel Malcolm-Jamal Warner 4 Saturday, February 21 at 1:30 p.m.

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One night only: For Colored Girls...

LAKEWOOD—The Ocean County Center for the Arts will kick off Black History Month with a production of Ntozake Shange's *For Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf* featuring the Dushar Repertory Company, for one performance only on Sunday, February 1 at 4 p.m. at the Historic Strand Theatre, Lakewood. From its inception in California in 1974 to its highly acclaimed critical success at Joseph Papp's Public Theatre and on Broadway, this Obie Award winning play has excited, inspired and transformed audiences all over the country. Shange's words reveal what it is to be of color and female in the twentieth century. Twenty years later, the play still has impact not only on audiences, but also on the seven actresses who play the "ladies".

Director Mark Antonio Henderson has assembled a multi-talented cast of women who breathe a

90's life in Shange's poetry, several of whom have performed in other productions of the show. With the exception of Pamela D. Taylor, (Lady in Purple) who is from Baltimore, Maryland, all of the performers are from New Jersey. Vivian Rooks, Trenton, (Lady in Red), Katherine E. Scott, Jackson, (Lady in Blue), Hannah Elizabeth Howard (Lady in Green), Cheryl Monden, Lakewood, (Lady in Yellow), Kimberly D Davis, Howell, (Lady in Orange) and DaNeen E. Wyche, Neptune, (Lady in Brown), Working together to discover the universal and timeless truths in the play, Henderson and his cast want to make sure that the audience will be touched by the thoughts and leave the theatre reflecting on the author's insights.

Tickets are \$12 in advance, \$15 at the door. Group rates are available. For more information or tickets call The Strand Theatre Box Office at 732-367-9595.

Good reading

African Beginnings



By James Haskins and Kathleen Benson
Illustrated by Floyd Cooper

NEW YORK—Meticulously researched by both the authors and the artist, *African Beginnings* (Lothrop, Lee & Shepard, January, \$18) is a fascinating introduction to Africa's ancient empires. This first volume of a seven-part series is illustrated with breathtaking paintings that evoke all the richness and wonder of the complex, dynamic history of Africa.

When we think of the year 1492, we immediately think of Christopher Columbus setting sail to the New World. Most of us don't take to mind an African empire in which manuscripts and books were more prized than any other merchandise. And yet, the kingdom of Songhay was flourishing when Christopher Columbus set out one of the greatest in a succession of empires dating back to before

Christ.

From the ancient kingdom of Kush, whose black pharaohs ruled Egypt for nearly a century, to the kingdom of Ghana, where between AD. 450 and 1200 more gold was traded than anywhere else in the world, the African continent rang with a series of glorious civilizations that have had a lasting impact on the world's history and on American culture.

This volume explores and celebrates the powerful impact people of African descent have made on world history and on the American experience.

From Amistad to O.J. Simpson...

What happens when race and justice become personal.

SPRIT NORTH

By Leslie Lee
author of BLACK EAGLES

Directed By Harold Scott

With Original Music by Odetta

Celebrate Black History Month Now-Feb. 15 with a visit to Crossroads

Jan. 17 - Feb. 15
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Crossroads Theatre

The last 'Spoon': Classic Jimmy Witherspoon

LOVE IS A FIVE LETTER WORD / JIMMY WITHERSPOON



LOS ANGELES, CA—The Avenue Jazz label will issue for the first time over on CD *Love Is A Five Letter Word*, an album considered to be blues icon Jimmy Witherspoon's finest and most commercial album. Recorded in 1974/75 in London by respected blues

producer Mike Vernon with an all-star cast of musicians, the collection was originally issued in 1975 and yielded Witherspoon both a Billboard Pop Chart album and R&B single with the album's title track (his only R&B chart record since the hit "Ain't Nobody's Business"

in 1949). The week before his death last September 15 at the age of 74 Witherspoon had been enthusiastically discussing the upcoming release of this album with executive producer and longtime friend, producer/writer Jerry Goldstein. "Spoon was very excited about the album's release; he had considered it his best. It showcased him as much more than a blues singer," commented Goldstein.

To record *Love Is A Five Letter Word*, which includes two never before released bonus tracks, "Rollin' Like A Pebble In The Sand" and "I Love You, Yes I Do," producer Mike Vernon (whose credits include albums assembled by a cast that included some great players of the era, including Joe Jammer, Pete Wingfield, Phil Chen, B.J. Cole, John Danforth, Dick Papp, Papp Williams, and Pat Arnold.

"For me this album was a highlight of the seventies. Jimmy was a great artist, an interpreter of songs that often had a bluesy quality; at home with the straight ahead twelve bar, the jazzier side, the R&B slant, and could handle the rockier edge of the format. I feel privileged to have been able to work with him and hope this release will keep alive his memory" respectfully states Vernon.

The Isley Brothers at Resorts Casino Hotel January 23 and 24

ATLANTIC CITY—Groove to the distinctive sounds of The Isley Brothers in the Superstar Theatre at Resorts Casino Hotel, for four exclusive performances January 23 and January 24.

Showtimes are Friday and Saturday at 8 p.m. and 11:30 p.m. Tickets are \$40 and \$50 and may be purchased by visiting the Resorts Box Office located in the Hotel Lobby or by calling the Box Office at 1-800-322-3800 or by calling TicketMaster at 1-800-756-1420.

A musical institution, The Isley Brothers are the only group in history to continue making the contemporary pop and R&B charts four decades after their first recording. The original Isley Brothers, hailing from Cincinnati, Ohio, consisted of brothers O'Kelly, Rudolph, and Ronald Isley. In 1959, the group hit the charts with the gospel flavored R&B/pop classic "Shout."

This Isley Brothers expanded to six members in the 70s, with the addition of brothers Eric and Marvin Isley, and brother-in-law Chris Jasper. Mainstream success followed with numerous hits including "For The Love Of You," "Who's That Lady," "Harvest For The World," "Fight The Power" (from Spike Lee's movie "Do The Right Thing"), and "Live It Up."

Personnel changes transformed the makeup of The Isley Brothers in the 80s. Ronald kept the Isley legacy going, teaming with singer/songwriter/producer (and wife) Angela Winbush and recorded the albums

"Smooth Sailing" in 1987 and "Spend The Night" in 1989.

Ronald re-teamed with Marvin and Eric in 1990 to record the album "Trucks of Life." In 1993, the trio recorded "The Isleys Live," features

the lead vocals of Ronald Isley, joined by Eric and Marvin.

In their Resorts' engagement, The Isley Brothers will feature Angela Winbush, with special guest Jerry "The Iceman" Butler.

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Legal Notice

Legal Notice

HOUSING AUTHORITY BOROUGH OF RED BANK NOTICE FOR ARCHITECT/ENGINEER

The Board of Commissioners of the Housing Authority of the Borough of Red Bank is inviting Submittal from professional architectural/engineering firms regarding a HUD funded Comprehensive Improvement Assistance Program (CIAP). The scope of work includes:

- a. Sewer Service Lines
- b. Water Main Lines and Shut-Off Valves
- c. Roof Gutter and Downspouts

The scope of services will include: preparation of plans and specifications for construction bidding, assistance in selecting bids and construction inspection.

Submittal should include profiles of the firm principals and staff, evidence of current New Jersey registration and a certified statement that the firm is not delinquent, suspended or otherwise prohibited from professional practice by any federal, state or local agency.

All submittal will be evaluated according to the following criteria:

EVALUATION FACTORS

1. Evidence of professional and technical competence and experience demonstrating ability to perform the services on projects of similar scope and complexity. WEIGHT - 3
2. Capability to provide professional services in a timely manner. WEIGHT - 2
3. Past performance in terms of cost control, quality of work and compliance with performance schedule. WEIGHT - 3

4. Knowledge of State and local building codes and HUD regulations. WEIGHT - 3

5. General responses to the invitation including demonstrated understanding of HUD modernization program. WEIGHT - 1

6. Fee proposal

WEIGHT - 1

Interested architectural/engineering firms should respond by 10:30 a.m., February 3, 1998 to Mary M. Harrison, PHM, Executive Director, Red Bank, N.J. 07060, P.O. Box 2156, Red Bank, N.J. 07060-0902.

EQUAL HOUSING OPPORTUNITY

UNION COUNTY BOARD OF CHOSEN FREEHOLDERS RESOLUTION NO. 44-98 DATE: 1-15-98

BE IT RESOLVED BY the Board of Chosen Freeholders of the County of Union that it hereby adopted Resolution No. 10-98 on January 1, 1998, and BE IT FURTHER RESOLVED that it is hereby desired to amend Resolution No. 10-98 to revise the schedule of regular meetings, which is attached hereto, and in accordance with N.J.S.A. 10A-16, and

BE IT FURTHER RESOLVED that copies of said amended schedule of meetings be posted by the Clerk of the Board in the place or places usually reserved for public notices, mailed by the Clerk of the Board to the newspapers officially designated to receive such notices by the Board and filed by the Clerk of the Board with the Office of the County Clerk of Union County, all of the above to be accomplished within seven (7) days of the date of this Resolution in compliance with the requirements of N.J.S.A. 10A-16.

UNION COUNTY BOARD OF CHOSEN FREEHOLDERS 1998 MEETING SCHEDULE

MOST MEETINGS ARE HELD ON THURSDAY EVENINGS AGENDA SESSIONS BEGIN AT 6:30 P.M. AND REGULAR PUBLIC MEETINGS ARE HELD AT 7:00 P.M. IN THE FREEHOLDERS MEETING ROOM, 5TH FLOOR, ADMINISTRATION BUILDING, ELIZABETHTOWN PLAZA, ELIZABETH, NEW JERSEY, UNLESS OTHERWISE SPECIFIED.

PERSONS REQUIRING A SIGN LANGUAGE INTERPRETER SHOULD CONTACT THE CLERK OF THE BOARD AT (908) 527-4140, OR TELECOMMUNICATIONS DEVICE FOR THE DEAF RELAY SERVICE (908) 527-1232.

AGENDA/WORK SESSIONS

6:30 P.M.

JANUARY 8

JANUARY 22

FEBRUARY 17*

FEBRUARY 20*

MARCH 5

MARCH 19

APRIL 2

APRIL 19

MAY 7

MAY 21*

JUNE 4*

JUNE 18

JULY 2

JULY 18

AUGUST 6

AUGUST 20

SEPTEMBER 3

SEPTEMBER 17

OCTOBER 1

OCTOBER 15

NOVEMBER 5

DECEMBER 9

DECEMBER 17*

*DOMINANT AGENDA SESSION AND REGULAR MEETING

*TWO IN COUNTY GOVERNMENT DAY - 3:00 P.M.

REGULAR PUBLIC MEETINGS 7 P.M.

JANUARY 4

(REORGANIZATION)

JANUARY 29

FEBRUARY 17*

FEBRUARY 26*

MARCH 12

MARCH 28

APRIL 9

APRIL 23*

MAY 14

MAY 21*

JUNE 4*

JUNE 23

JULY 2

JULY 23

AUGUST 13

AUGUST 27

SEPTEMBER 10

SEPTEMBER 24

OCTOBER 8

OCTOBER 22

NOVEMBER 12

DECEMBER 17*

DECEMBER 27*

*DOMINANT AGENDA SESSION AND REGULAR MEETING

*TWO IN COUNTY GOVERNMENT DAY - 3:00 P.M.

\$ 189.00

PUBLIC HOUSING AUTHORITY ATTORNEY

The Housing Authority of the City of Salem is seeking proposals from attorney/firms to serve as legal counsel to the Authority. Proposals should be written to address the following qualification factors which shall be used by the Authority to evaluate proposals:

1. Experience as Housing Authority Counsel
2. Knowledge of and experience with Federal HUD Public Housing Regulations and Procedures.
3. Experience with Federal and State Public Agencies Law, in particular Local Public Contracts Law.

The contract period will be for one (1) year. Information packages will be available to all interested parties at the Housing Authority Office. Proposals must be submitted to the address below and must be received no later than Tuesday, January 27, 1998 at 2:00 p.m.

Ruth C. Gross, PHM, Executive Director
Housing Authority of the City of Salem
205 Seventh Street
Salem, NJ 08079
(609) 925-9202

\$ 50.00

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RE-OPENING OF THE WAITING LIST FOR SENIOR CITIZEN UNITS HOUSING AUTHORITY TOWNSHIP OF WOODBRIDGE

By Order of the Board of Commissioners of the Housing Authority of the Township of Woodbridge, and in accordance with Resolution #1568 formally adopted on 11/15/96, the Authority will open its waiting list to applicants for federally subsidized low-income senior (60 and over) 1 bedroom units for persons qualifying as elderly families only for an indefinite period of time.

Elderly is defined as a family whose head or spouse (or sole member) is at least 62 years of age. It may include two or more elderly persons living together and/or at least one person, including their child, determined to be essential to the care and well-being of the elderly person or persons. An elderly family may include elderly persons with disabilities and other family members who are not elderly.

Interested parties or their representative are invited to pick up an application at the Woodbridge Housing Authority, located at 10 Burns Lane, Woodbridge, New Jersey. Monday thru Friday, between normal working hours of 9:30 a.m. to 4:30 p.m., or may contact the office at (732) 834-2750 for additional information. All applications will be received on a first come first serve basis only.

Peter J. Anam, Executive Director
Woodbridge Housing Authority

\$ 71.50

ADVERTISING FOR BIDS

DOMESTIC HOT WATER REPLACEMENT AT SEAVIEW MANOR LONG BRANCH HOUSING AUTHORITY

Separate sealed bids for Domestic Hot Water System Replacement at the Seaview Manor Apartments, Long Branch Housing Authority, Administration Building, P.O. Box 337, Long Branch, NJ.

The Long Branch Housing Authority will receive sealed bids by February 4, 1998 at the office of Executive Director until 2:00 p.m., prevailing time, and then at said office publicly opening and read aloud.

Bids must be submitted prior to the designated time for acceptance and opening of bids, and may be submitted either by mail or in person, by the BIDDER or his agent. No bids will be accepted after designated time.

A Pre-Bid meeting is scheduled for January 28, 1998 at 11:00 am to be held at the Housing Authority Office at Garfield Court. The Pre-Bid meeting is not mandatory but attendance is strongly recommended.

Bids must be enclosed in sealed envelopes bearing the name of BIDDER and marked "Bid for the Domestic Hot Water System Replacement at the Seaview Manor, Long Branch Housing Authority." The Information for Bidders, Form of Bid, Form of Contract, Plans, Specifications, and Form of Bid Bond, Performance and payment Bonds, and other contract documents may be obtained at:

Long Branch Housing Authority, Office and Surplus Engineering Inc., Liberty Square Plaza Suite 6, 301 Black Horse Pike, Marlton, NJ 08053, 602-2500.

Copies may be obtained at the office of The Long Branch Housing Authority, located at Administration Building, Garfield Court, Long Branch, NJ upon payment of \$50.00 for each set (non-refundable). Checks shall be in cash or in the amount of \$50.00 to Long Branch Housing Authority.

Each Proposal shall be accompanied by a guarantee payable to the Housing Authority that, if a contract is awarded, the BIDDER shall enter into contract therefor, and shall furnish a Performance Bond (100%) and Material and Labor Bond (100%). The Proposal guarantee shall be in the amount of five percent (5%) of the bid, and shall be given, at the option of the BIDDER, by certified check, cashier's check or Bid Bond.

The surety company for Bid Bond and the surety company for the Performance and Payment Bonds must be licensed in New Jersey State and must be approved by the Federal Treasury.

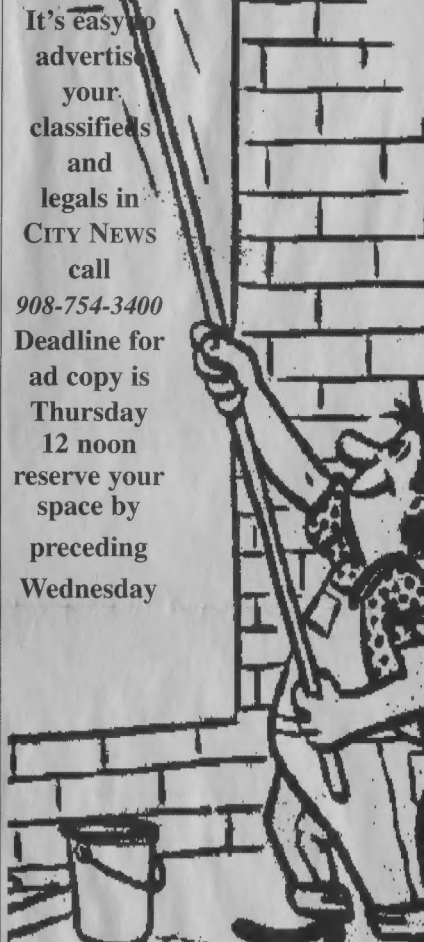
The owner reserves the right to waive any informalities or to reject any or all bids.

Attention of bidders is particularly called to the requirements as to conditions of employment to be observed and minimum wage rates to be paid under the contract.

No bidder may withdraw a bid within 60 days after the actual date of the opening thereof.

January 15, 1998 David A. Brown, PHM Executive Director

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King's Daughters Day School
Contact Valera
908-756-7788

Graphic Designer

Must know QuarkXpress and Photoshop on PC or MAC platforms and have two years experience working with Newspaper layout.

Send resume to:

City News Personnel
PO Box 1774, Plainfield, NJ 07060

HELP WANTED

ACCOUNTANT

Public Housing Agency seeks individual with accounting degree and 1 - 2 years experience. Duties include various aspects of accounting CD, CR, CL and analysis of spreadsheets and word processing in DOS and windows environment. Knowledge of MAS 90 system a plus. Salary 18,200 to 20,300 and good benefits. Send resume by 1/30/98.

Passaic Housing Authority
323 Passaic St., Passaic, NJ 07055
Equal Opportunity Employer

FAMILY SELF-SUFFICIENCY COORDINATOR

Public Agency seeks Coordinator to develop program to assist in the selection and training of residents and provide coordination of services including: schooling, job skills, daycare, transportation, financial/housing counseling, etc. Must have bachelor's degree in Social Welfare/Excellent benefits package. Send resume by 1/30/98.

Passaic Housing Authority
323 Passaic St., Passaic, NJ 07055
Equal Opportunity Employer

SUPERINTENDENT (LIVE-IN)

The Passaic Housing Authority is seeking an experienced Superintendent with experience in plumbing, electrical work, carpentry, grounds maintenance, and general maintenance work. Must have 5 years experience provided by the Housing Authority and be in good health and bondable. Must have a L.P.L. License, and use automobile, have valid NJ Driver's License, and be automobile for local travel and come in for Salary based on experience. If interested, come in to fill out an application by 1/30/98.

Passaic Housing Authority
323 Passaic St., Passaic, NJ 07055
Equal Opportunity Employer

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Local Briefs

AAA conditionally supports 65 mph speed limit

ELORHIM PARK—The AAA Clubs of New Jersey announced their conditional support for increasing the speed limit to 65 mph on selected limited access highways in the state.

The organization would like to see the 65 mph speed limit implemented on a trial basis for a minimum of 18 months to give the State time to monitor and evaluate the change. "Any proposed increase in the state's speed limit must coincide with increased enforcement of a crackdown on aggressive driving," said Frederick, Ghel, president and CEO of the AAA New Jersey Automobile Club.

Statewide funding on Ryan White AIDS hearing

TRENTON—A public hearing on the use of Federal Ryan White Title II Funds by the New Jersey Department of Health and Senior Services will be Wednesday, January 28.

The Ryan White Care Act of 1990 requires an annual public hearing of the proposed expenditures of Title II funds. The Division of AIDS Prevention and Control uses the funds to assist New Jersey residents who are infected with the AIDS virus with vital services such as medical expenses, prescriptions and health insurance. Anyone interested in testifying can call the Intervention and Care Unit at 609-984-6125. Speakers are requested to submit a written copy of their comments at the time of their testimony.

Programs for juveniles parolees and homemakers get \$900,000 boost

ELIZABETH—Older adults will get the special care they need and "at risk" youth will receive special attention with the allocation of nearly \$900,000 in resolutions passed by the Union County Freeholder Board.

Programs funded include home-maker services and help for juveniles on parole from resorting to crime. "The goal is to prevent them from re-offending to put into juvenile detention in the first place," said County Freeholder Carol Cohen. "But, if they are, we will help them return to the community by assisting them in overcoming issues and barriers and have productive lives."

Union Economic Development report published

UNION—The Union County Economic Development Corporation (UCEDC) announced that its Biennial report has been published.

The report, especially geared toward start-up businesses provides readers with highlights of the Corporation's programs and services.

By William, Chairman of the Corporation, explained that the Corporation has evolved into a technical resources center with a goal of addressing 21st century business needs. "The Corporation helps businesses obtain financing; find new markets; and train and prepare them for business ownership, government contracting and the challenges of competing in the technological age," he said.

New Community celebrates 30th Anniversary with gala

NEWARK—New Community Corporation (NCC), the Newark-based community development corporation that is the largest in the nation, along with its partner Babyland Family Services, Inc., will celebrate its 30th anniversary at a dinner dance Saturday evening, Feb. 28, 1998 at the Meadowlands Sheraton, East Rutherford, NJ.

The New Community Network, which includes St. Rose of Lima, now employs over 1,500 people. Its programs and services touch the lives of 35,000 daily and include housing, child care, education and job training, health programs, social services, arts and recreation, and community investment and economic development.

From the original 45 acres in the heart of Newark's Central Ward envisioned by NCC founders for a "new community," the grassroots organization has grown to serve not only the Greater Newark area, but New Jersey, and beyond. Its statewide Garden State Affordable Housing assists in the creation of affordable housing throughout New Jersey. Its international efforts most recently involved a community development conference conducted for the Peace Corps.

Joining residents and members of the community at the gala will be Mayor William J. Linder, founder of NCC, Mary Palmer Smith, Founder/Executive Director of Babyland, and Treasurer of NCC, Arthur L. Wilson, President of NCC Board of Directors. Members of the Boards of NCC and Babyland, John R. Muller, Chairman of New Community Foundation, and Members of the Foundation Board, which serves as a voluntary consulting firm and resource for NCC.

Park renamed for community activist



Dr. Edith Blaud Phillips is congratulated by Mayor Bret Schundler, at left, and director of Economic Opportunity Kabali Taylor.

JERSEY CITY—Community activist and music instructor Dr. Edith Blaud Phillips is considered a role model to many in Jersey City. To

honor the lady and her contributions, city officials held a dedication ceremony in her honor at Wilkinson Avenue Park recently.

Mayor Bret Schundler and members of the Jersey City Municipal Council renamed the Park in honor of Dr. Phillips. "I'm pleased to have Wilkinson Avenue Park renamed in honor of someone who has brought many years of cultural enrichment to the families of Jersey City. Her contributions both as an administrator and musical director will live on in our hearts for many years to come," Mayor Schundler said.

Dr. Phillips began her career in the Jersey City Public School system

in 1946 as an Apprentice Teacher of Music. In her early years she taught free music lessons and served as music consultant from 1957 to 1966 juggling fourteen schools a week.

In 1966 Phillips was appointed as the first African-American Administrator in the Central Office of the Jersey City Public Schools. She served as a Board of Education Music Supervisor since 1966 for the entire school system until 1990. She speaks four languages and sings in sixteen languages. She has been recognized with 261 awards in community service, education competition and piano and organ performance.

Newark art school benefits people from all over



A teacher at the Newark Community School of the arts gives a performance to students.

By Antonia Gaines

People from all over New Jersey come to the Newark Community School of the Arts (NCSA) in Newark to find their appetite for dance, music visual arts, and theatre.

According to the school's brochure, NCSA has been a source of hope and inspiration to the residents of the Newark metropolitan area since it was founded in 1968. The purpose of

NCSA is to provide arts instruction to all those who desire it. Since opening in 1968, NCSA has opened its doors to 28,000 students, and currently provides high quality arts education to nearly 1,000 students each week.

In the music department, private and group lessons are given on all musical instruments, voice, music theory, and music history. The dance department offers in six forms of dance. Ensemble training opportunities

include dance workshops, chorus, string wind, guitar, and percussion groups.

In the visual arts department there is training in drawing, painting, visual arts history, and ceramics. Special programs exist for gifted students, very young children, the physically challenged, and senior citizens. NCSA is well known for its commitment to inner-city education and high quality professional training.

Joan Brown, assistant to the director of NCSA said the school is very nurturing to the children who go there.

"The teachers are dedicated to the students. They care about the student and his/her development. Ms. Brown began 11 years career at NCSA in 1994 as a volunteer cooking and making sandwiches for the students at the school.

"It's a small staff. Students have a place to learn something they could not afford to learn otherwise," Brown said.

Robinson Rivera teaches music at NCSA. He went to the school when he was 11-years-old. When he graduated from high school he became a teacher for NCSA while earning a BA degree from the Manhattan School of Music. "It satisfies me," he says of his work at NCSA. "It refreshes the information in my head." He spoke of the benefit the students receive from the school. "Their spirits are uplifted. The school builds their interests and disciplines them so they stay out of trouble, and pass their time to good use."

What do the students have to say about all this? 12-year-old Sabrina Mitchell of South Orange says the school helps her to be a better person. "The teachers here are nice and patient," she said. Cassia Mitchell and George Bing, both eleven years old and from Newark said they came to the school to learn. "The teachers are fun. They help me to learn about music, harmony and melody."

UCC graduate wants to give women 'New Attitude'

ELIZABETH—Olenda Magliore is thankful this holiday season for the break she got when

Union County College's Educational Opportunity Fund (EOF) provided her with academic support and tuition assistance during a time when she was hard-pressed for money. It's been over a year since she completed an Associate in Applied Science degree in Accounting at the College. With a good job in book-keeping and accounting for a local firm, she wants to "give back" to those who are walking a similar path to her own several years ago.

The Elizabeth resident is starting a program, "New Attitude," aimed at providing work-related clothing to low-income women who are entering the workforce. This includes business suits in good condition, hair and nail care services, professional dress and etiquette tips—and office space and equipment to serve as a base for "New Attitude." Already, some business and individuals are lending a helping hand.

In her effort to help other disadvantaged women succeed, Ms. Magliore conducted some research of other programs throughout the country that have similar concepts to her own. However, she customized her effort, entitling it "New Attitude" to reach women "who may be a little backward about doing something to help themselves. Sometimes, to achieve success means taking on a 'new attitude.'"

She notes that while many low-income women have the qualifications for a job, they are often denied employment because of a shabby personal appearance. Through "New Attitude," Ms. Magliore hopes to shepherd low-income women into the economic mainstream. Participants will be referred by non-profit social service organizations and public agencies.

Those interested in being of service to "New Attitude" should call Ms. Magliore at 908-354-8674.

School nominating petitions available

PLAINFIELD—Nominating petitions for school board candidates are available from business manager, Gary Ottmann, at the Plainfield Board of Education located at 504 Madison Avenue. The deadline for filing a petition is Monday, March 2, at 4 p.m. School board elections will be held on Tuesday, April 21.

Three seats on the Board of Education are up for election. The seats are currently held by Randy Bullock, Diane Mayberry-Hart and Dr. Wolde Wosabach.

Candidates may obtain a candidate kit at the business manager's office. The kit, prepared by the New Jersey School Boards Association, includes information about legal qualifications for board members, campaign procedures and information on the role of members.

Important 1998 School Election Dates

March 2, 1998

Deadline for candidates to file nominating petitions.

March 23, 1998

Last day to file the first campaign contribution reporting form for a single candidate expecting to spend more than \$2400 (or who receives more than \$300 in contributions from any one source.)

April 8, 1998

Any contribution in excess of \$600 from any one source received between this date and the Annual School Election must be reported within 48 hours of receipt.

April 10, 1998

Last day to file the second campaign contribution reporting form for a single candidate expecting to spend more than \$2400 (or who receives more than \$300 in contributions from any one source.)

April 21, 1998

Annual School Election
April 26-May 9, 1998
Newly elected board members in Type II districts sworn in at annual board organizational meeting.

May 11, 1998

Last day to file the final campaign contribution reporting form for a single candidate expecting to spend more than \$2400 (or who receives more than \$300 in contributions from any one source.)

May 16, 1998

Newly appointed board members in Type I districts sworn in at board organizational meeting.

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